

## **NBRC Gym Schedule**

## **April**

We are open 8:00am- 5:00pm at NBRC on Easter (Sunday April 5th)

	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		<b>Open Gym</b> 6:00-8:00			<b>Open Gym</b> 6:00-8:00	<b>Open Gym</b> 6:00-7:30		
6:30am	Open Gym			Open Gym				
7:00am	6:00-7:30			6:00-7:30			Open Gym	
7:30am	Drop-in Fit For			Drop-in Fit For		Drop-in Fit For	6:30-8:30	Open Gym
8:00am	<b>Life</b> 7:30-8:30	MRT	8:00-	<b>Life</b> 7:30-8:30	MRT 8:00-	<b>Life</b> 7:30-8:30		7:30-8:30
8:30am		8:	45		8:45		Drop-in GPW	
9:00am	Drop-in	Drop-in Pickleball 8:45-10:30		Drop-in Pickleball 8:45-10:30	Drop-in Pickleball 8:45-10:30	Open Gym 8:30-10:30  Drop-in Fit For Life 10:30-11:30	8:30-9:30	Drop-in CoEd
9:30am	Pickleball							
10:00am	8:45-10:30							
10:30am	Drop-in Fit For	00		Drop-in Fit For			Volleyball	
11:00am	Life 10:30-11:30			<b>Life</b> 10:30-11:30				8:30-12:30
11:30am		_	<b>Gym</b>		<b>Open Gym</b> 10:30-1:00			
12:00pm	Drop-in Adult	10:30-1:00  Drop-in Senior		Drop-in Adult Basketball 11:30-1:30	10.30-1.00	Drop-in Adult Basketball 11:30-1:30	On on Com	
12:30pm	Basketball 11:30-1:30							
1:00pm					Drop-in Senior			
1:30pm	Open Gym	Basketball			Basketball	Open Gym		
2:00pm	1:30-2:30	1:00-	-2:30		1:00-2:30	1:30-2:30	<b>Open Gym</b> 9:30-7:00	
2:30pm		Drop-					3.30 7.00	
3:00pm	Drop-in	in	Open	Open Gym	Drop-in	Drop-in		
3:30pm	Youth Basketball	Youth Bball	<b>Gym</b> 2:30-	1:30-4:00	Youth Basketball	Youth Basketball		On on Cum
4:00pm	2:30-5:00	2:30-	5:00		2:30-5:00	2:30-5:00		Open Gym 12:30-8:00
4:30pm		5:00						12.50 0.00
5:00pm	Open Gym	Open Gym			Open Gym	0		
5:30pm	Drop-in HIIT	GPW		Drop-in HIIT	GPW			
6:00pm	5:30-6:15	5:30-6:15 Wmns Wrkout 6:00-7:00		5:30-6:15	5:30-6:15 Wmns Wrkout	<b>Open Gym</b> 5:00-7:30		
6:30pm				Open Gym	6:00-7:00			
7:00pm				Drop-in				
7:30pm	Open Gym	Dance	Open	Adult	Onen Corre			
8:00pm	6:15-9:30	Rental 4/14	<b>Gym</b> 7:00-	Basketball	<b>Open Gym</b> 7:00-9:30			
8:30pm		ONLY	9:30	7:00-9:00	7.00 5.50			
9:00pm				Open Gym			T	
9:30pm	Opm							